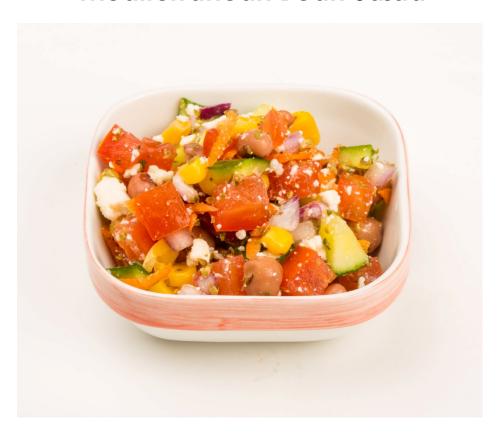


## Mediterranean Bean Salad



Recipe Rating				
Total Time	25 Minutes			
Cooking Time	None			
Total Labour	25 Minutes			

Equipment
Chef's knife/Peeler/Cutting
Board
Spoon /Spatula
Mixing Bowl or Pan

## **Nutrition Facts** Valeur nutritive Per 1 serv (51g) / par 1 serv (51g) % Daily Value Teneur % valeur quotidienne Calories / Calories 50 3% Fat / Lipides 2g Saturated / satures 1.5g + Trans / trans 0g Cholesterol / Cholesterol 10mg Sodium / Sodium 135mg 6% Carbohydrate / Glucides 5g Fibre / Fibres less than 1g 3% Sugars / Sucres 1g Protein / Proteines 2g Vitamin A / Vitamine A 4% Vitamin C / Vitamine C 4% Calcium / Calcium 6% Iron / Fer



## Mediterranean Bean Salad

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
English Cucumber, Fresh, Diced	250 gm	8.8 oz	500 gm	1.1 Lbs
Corn, Fresh, Niblet (or canned)	200 gm	7.1 oz	400 gm	14.2 oz
Mixed Beans, Canned (drained)	200 gm	7.1 oz	400 gm	14.2 oz
Roma Tomatoes, Fresh, Diced	150 gm	5.3 oz	300 gm	10.6 oz
Red Onions, Diced	100 gm	3.5 oz	200 gm	7 oz
Apple Cider Vinegar	35 mL	1.2 fl oz	70 mL	2.4 fl oz
Oregano, Dried	2.5 mL	½ tsp	5 mL	1 tsp
Feta Cheese, Crumbled	250 gm	8.8 oz	500 gm	1.1 Lbs

## Method



1. Wash all fresh vegetables. Peel red onions. Uniformly dice all vegetables to approximately the same size. Drain mixed beans.



2. In a large bowl, combine all ingredients except for the English cucumbers, tomatoes and feta cheese and mix with a spatula.



3. Add the remaining ingredients.

Serve Cold as a side dish to any entrée.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

**Cold Plating:** plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: Finely chopped herbs

Food Accompany: Any appropriate entrée

